



*For
Mother*

FAMILY RECIPES

Christmas 1998

FAMILY RECIPES

Most of these recipes date from the 1960s and 1970, at a time when I was collecting them, and they do look a bit dated. To cut the calorie and cholesterol count make substitutions for some of the ingredients and cut down on others. Use of the microwave would speed up cooking.

A word about cook books. My first cook book was *The American Family Cook Book* by Lily Wallace, 1958 from Books Inc., New York. I got it at the 88 Cent Store on Commercial Street in Astoria for 88 cents. I was so delighted to find a cook book I could afford. Before then, all I had to use were the recipes that I cut out of newspapers. I even subscribed to the *Daily Astorian*, so that I could cut out the recipes on Wednesdays. The next book was a *Fannie Farmer* paperback, and then a copy of *Betty Crocker's Cookbook*, the one with the red hard cover, printed by Golden Press, 1973. When I discovered garage sales, I began collecting cookbooks seriously until I ran out of room and began getting rid of them. Mother's cook book for many years (since she began cooking in the U.S., I think) was Irma Rombauer's *Joy of Cooking*.

DRINKS

Chocolate Milk Mix

(Bill's recipe, probably written for his Lane Extension Service cooking class in Springfield in February 1971.)

1 C cocoa

3/4 C sugar

1/2 tsp salt

4 C Nonfat dry milk

Combine ingredients and store in a tightly covered container. Just pour in cup and add water. (Amounts?)

Sima

(A Finnish beer of low alcoholic content)

1 1/2 boxes (lbs.) brown sugar

4 lbs. granulated sugar

Pulp and outer rind of 2 large lemons

2 bottles beer

1 tsp. yeast

Take canning pan and put inside: brown sugar, granulated sugar, lemons, and fill pan about 2/3 and mix. Let cool. Taste for sweetness. When cool, add beer.

Mix up a yeast solution by putting yeast into 1/2 C warm water. Let set 5 minutes. Add yeast to mixture at same time as beer. Let sit overnight with just some wax paper over top. Next morning, strain out pulp and put in gallon jugs (2) with 2 tsp. sugar and 6



JUNE 1952

raisins. Keep warm until bubbles go up and down or 2 days. Then put in refrigerator. Handle jugs carefully. Drink within a week or two. Alcoholic content can increase to potent levels.

Orange Julius (modified)

From the beaches of California. Tasty on a hot day.

Use frozen orange juice, mix with yogurt, banana, a little pineapple, ummm, let me think, what else should go in it?

No eggs, please.

BREAKFASTS

Berry Syrup

This is so cheap, easy, and good.

1 1/4 cups of prepared berry juice

1 3/4 C sugar

Crush berries. Extract the juice. Combine the juice and sugar in a large heavy kettle. Bring to a rolling boil and boil for one minute. Count the time after the mixture comes to a boil that cannot be stirred down. Remove from heat and skim off any foam. Pour into clean, hot 1/2 pint or pint canning jars. Adjust the lids according to manufacturers' directions. Place in hot water bath. Be sure the level of water covers the tops of the jars by at least one inch. Bring to a boil and process for 10 minutes. Remove from water bath and cool. Check to see that the jars are sealed. Label and store on a cool dark shelf. No refrigeration is needed if seal is not broken. Syrup should be kept in the refrigerator after it is opened. From the Oregon Extension Service.

Store bought syrup can be very expensive. Home made syrups can be made for little more than the price of the sugar. If you would like syrup with a maple taste, buy the Mapleline flavoring and follow the recipe on the bottle. It is in the spice section of the grocery store.

Oven Pancake

From a Finnish/American cookbook.

1 C white flour

3 C milk

3 eggs

2 heaping T sugar

1 scanty tsp salt

Butter

In order given, blend all the ingredients except the butter and beat well. Heat the butter in an iron frying pan until it boils. Pour the batter into the hot pan and bake in a pre-heated 450 F. Oven until the pancake puffs up and is slightly browned. Lower heat to 400 F and bake 50 minutes longer.

This recipe varies in its outcome, but is generally edible and sometimes very good. We often ate it as a main course for dinner with bacon and jam.

Another recipe for the same:

5 eggs
½ tsp salt
1/4 C sugar
1 C all-purpose flour
½ C butter or margarine melted
Lingonberry or cranberry sauce or jam

Blini

Use a recipe for pancakes made with yeast. Pour out on griddle so thinly the edges look like lace. Mother offered this every day to her customers at Koffee Kup. If you use the recipe for waffles below, add a little more milk to thin it.

Raised Waffles

1 package active dry yeast
1/4 C warm water
1 3/4 C lukewarm milk (scalded then cooled)
2 T sugar
1 tsp salt
3 eggs
1/4 C butter or margarine, softened
2 C all-purpose flour

In large mixer bowl, dissolve yeast in warm water. Add remaining ingredients; beat until smooth. Cover; let rise in warm place 1 ½ hours. Stir down batter. Cover again; refrigerate 8 to 12 hours.

Stir down batter. Pour from cup or pitcher onto center of hot waffle iron. Bake about 5 minutes or until steaming stops. Remove waffle carefully.

Baked Eggs in Bacon Rings

1 slice of bacon
1 egg
1 slice of toast

Partially broil bacon and fit into muffin pans, using one for each cup; break one egg into each cup and place in moderate oven (350 degrees) about 12 minutes or until eggs are done. Serve immediately on hot buttered toast.

This recipe I copied out in Home Ec class at Lewis and Clark (Central) School in Astoria about 1953.

Now I would microwave the bacon.

Popovers

(My favorite!! From the same time and place--LC School in 1953)

½ C flour
½ C milk
1/8 tsp salt
1 egg

Put the flour and salt into a bowl. Stir in the milk gradually, so as to make a smooth

mixture. Add the well beaten egg and beat with an egg beater for 2 minutes. Pour into well oiled baking cups. Bake in a hot oven 425 for 35 minutes. Serve immediately.

Some time in the 1960s I sent this recipe to Karen:

Popovers

Bake at 400 for 50 minutes. Makes 6.

3 eggs

1 C flour

1 C milk

½ tsp salt

Beat eggs slightly. Add milk, flour, and salt. Beat well. Pour in six well-buttered custard cups. Bake and don't open oven till done.

BREADS

Rieska

Mix 2 tsp of yeast to one cup of warm water. Add 1 T of salt, 2 C barley flour, 2 cups whole wheat flour and 1 quart of butter milk, 1 tsp baking soda. Beat well. Add enough white flour to make a workable dough. Let it raise until double. Then flatten on the cookie sheet. Let it raise again. Bake in hot oven.

Mother said that she made the dough the night before. She used any left over cereal she had, dry or cooked, ralsston, oatmeal, even cooked rice. The ingredients were always different. It is supposed to be a flat bread, crisp and chewy. She always fixed this on Fridays at Koffee Kup to be served with the fish stew.

Pulla (Cardamom Bread)

There are many recipes for Finnish Coffee Bread. All include cardamom, if they are any good. People's taste varies, however. I gave some to Kitty Tolboe one time, and she said it was great except for the cardamom. She made the recipe many times, always omitting the spice. I love cardamom, but not too much. It should be pounded freshly, and not purchased ground. It should not be too fine or you may not notice it. It should not be too large or it may chip your teeth.

Pulla

1 package yeast

½ C warm water

2 C milk scalded

1 C sugar

1 tsp salt

7-8 cardamom pods crushed

4 eggs beaten

8-9 C white flour

½ C melted butter

Glaze: 1 egg beated and ½ C chopped almonds (filberts, etc.)

Dissolve yeast in warm water. Stir in milk, sugar, salt, cardamom, eggs and enough flour to make a batter, about 2 cups. Beat until the dough is smooth and elastic. Add about 3 C flour and beat. The dough should be smooth and glossy. Stir in rest of flour. Knead. Rest 15 minutes. Let raise in 85 degree temperature for 1 hour. Punch down and let rise for 30 minutes. Divide into 3 parts. Braid. Raise 20 minutes. Glaze. Bake at 400 degrees for 25 to 30 minutes. Do not overbake.

I like to add raisins and maraschino cherries and put an icing on top.

There should be enough eggs in the bread to give it a yellowish tint.

Papa Nates

2/3 C milk

1/2 C sugar

1 tsp salt

1/3 C butter

2/3 C warm water

2 packages yeast

3 eggs beaten

6 3/4 cups sifted flour

1/2 tsp nutmeg

1 tsp cinnamon

1/2 tsp pepper

Scald milk. Stir in sugar, salt and butter. Cool to lukewarm, dissolve yeast in warm water.

Add milk mixture. Add beaten eggs, 3 C of flour and spices. Beat until smooth. Add remaining flour and knead until smooth. Place in greased bowl. Let rise until double.

Punch down. Divide into 12 equal parts. Brush with melted butter. Let rise until double, about 1 hour.

Bake in oven 400 F about 20 minutes.

This recipe was made by Henry's mother in North Dakota.

Cheese Pockets

Mix 2 eggs

1 tsp salt

1/3 C milk

And enough flour to make thicker than biscuit dough. Put the cottage cheese in a piece of dough and fold in any shape. Press the edges together so the cheese won't boil out. Drop into boiling water and boil a few minutes. Serve with sour cream or butter.

Henry's mother gave this recipe to us in October 1959.

Dilly Casserole Bread

(From a Pillsbury Bake-off recipe book)

Bake at 350 for 40 to 50 minutes. Makes 1 round loaf.

Soften 1 packet Red Star Active Dry Yeast or 1 cake Red Star Compressed Yeast in

1/4 C warm water

Combine in mixing bowl

1 C creamed cottage cheese, heated to lukewarm



MAY 1960

2 T sugar
1 T French's Instant Minced Onion
1 T butter
2 tsp French's Dill Seed
1 tsp salt
1/4 tsp soda
1 unbeaten egg and the softened yeast
Add 2 1/4 to 2 1/2 C Pillsbury's Best All Purpose Flour to form a still dough, beating well after each addition. (For first addition of flour, use mixer on medium speed.) Cover. Let rise in warm place (85 to 90 F) until light and doubled in size, 50 to 60 minutes. Stir down dough. Turn into well-greased 8-inch round (1 1/2 or 2 qt.) Casserole. Let rise in warm place until light, 30 to 40 minutes. Bake at 350 for 40 to 50 minutes until golden brown. Brush with soft butter and sprinkle with salt.
This is probably my all-time favorite bread

Sandwiches

Grilled Cheddar Cheese Sandwich

2 fried bacon slices
2/3 C grated cheese
2 tsp chopped green pepper
1/2 tsp Worcestershire sauce
1/4 tsp dry mustard
Dash grated onion
1 rye bread slice
2 tomato slices
1 dill pickle sliced
1 green olive

Mix cheese, green pepper, Worcestershire sauce, mustard & onion well. Butter the bread and put it on baking pan. Put tomato on it then cheese mixture. Broil 6 inches from heat, 3 minutes till cheese is golden brown. Put bacon on top, then pickle and olive halves. Serve warm. Good with green salad, corn and beer.

Fruit

Oranges

Judy Watson (Blake) tried out a recipe at home one time about 1950 that she learned at school in Los Angeles. She cut oranges in half and sprinkled powdered sugar over the top. Might be easier to eat if you cut them in quarters.

Watermelon Bowl

I first remember seeing this at Herb Watson's house in Los Angeles, California, about the same time. Mother made it.

Cut top part off a watermelon. Scrape the edges. Scoop out melon. Mix miscellaneous prepared fresh fruit in a bowl, adding orange juice if necessary. Cut into small squares or ball shapes, watermelon, cantaloupe, etc., add strawberries, chopped pineapple, etc.

Decorate with mint leaves.

SALAD DRESSINGS AND OTHER SAUCES

Mrs. Truedson's Frozen Coleslaw (August 13, 1985)

1 or 2 grated carrots

3 pounds shredded cabbage

1 small onion chopped

1 green pepper chopped

Mix vegetables, add sugar, let stand for a while. Combine ingredients below for dressing and bring to a boil. Pour mixture below over vegetables, mix and chill in refrigerator for 6 hours. Freeze left-overs. This is a great recipe because it is so handy being able to keep it in the freezer and it thaws quickly.

1 C oil

1 C vinegar

1 tsp dry mustard

1 tsp salt

1 ½ tsp celery seed

Bill's Crisp Coleslaw

From about 1971.

2 C shredded cabbage

1 T minced onion

1/3 C diced celery

1/3 C slivered green beans

1/3 C shredded carrots

Toss with coleslaw dressing.

Cottage Cheese

Too boring? Add lots of chopped chives or pieces of chopped cooked bacon.

Mix-Match Salad Guide

GREENS

1 ½ cups

Romaine

Boston

Iceberg

Escarole

Chicory

Salad Bowl

Raw Spinach

Cabbage

Endive

Chinese Cabbage

COLOR

2 tablespoons

Red cabbage

Red Pepper

Stuffed Olives

Grated Carrot

Tomatoes

Pickled Beets

Black Olives

Diced Red Apple

Melon Chunks

Orange Sections

FLAVOR

To taste

Anchovies

Bacon Bits

Onion Rings

Sauerkraut

chutney

Garlic (rub bowl)

Diced Pickle

Raisins

Watercress

Cucumber Slices

PROTEIN

2-4 ounces
Cheese
Hard-Cooked Eggs
Roast Beef Strips
Poultry Strips
SaLami Slices
Tuna
Cooked Beans
Peanuts or Walnuts
Diced Cooked Fish

TEXTURE

1 tablespoon
Carrot Chunks
Celery Slices
Bacon Pieces
CROUTONS
Sprouts
Toasted Almonds
Radish
Pretzel Sticks
Green Pepper
Water Chestnuts

DRESSING

about 1/4 cup
Vinaigrette
Creamy French
Mayonnaise
Blue Cheese
Yogurt
Thousand Island
Green Goddess
Russian
Cottage Cheese
Sour Cream

Ardel (Dell) Jurasin's Low Calorie Dressing (1974)

Ardell worked as Mother's waitress about that time.

2 C buttermilk
2 C mayonnaise
1 1/2 T dry onion
1/2 T Accent
1/2 tsp garlic powder
1/4 tsp celery salt
1/4 tsp seasoning salt
1 T dried parsley
Dash cayenne pepper

Fold in together with a wire whip.

Also good in dips, on potato salad, baked potatoes and on cucumbers.

Mother adds 1 pint IMO (Imitation sour cream)

And 1/3 or 1/2 C Blue Cheese

Salsa

3 medium tomatoes
1/4 to 1 medium onion quartered
Up to 1/2 C green chilies (mild or hot)
1/2 tsp salt (opt.)
1/4 tsp black pepper
1/2 tsp sugar
1 T vinegar

Put together, let sit and it is ready to use.

Catsup

1-46 oz tomato juice
1/2 C vinegar
1 tsp gelatin
1 T onion flakes



MAY 1960



NOV • 60

1/4 tsp cinnamon

4-5 whole cloves

1 T sugar

dash salt and pepper

Combine and boil. Simmer until reduces to 2 ½ - 3 C. It is like commercial catsup.

I don't know if this is the recipe I used, but I made catsup one time and it was delicious!

Hot Mustard

4 T mustard powder

4 T sugar

1 T vinegar

4 T boiling water

Mix together in a cup. Put cup into boiling water. Stir until mustard thickens.

Henry cooks this in the microwave. You have to watch it, he said.

Horseradish

There is little to beat the experience of grinding your own horseradish! Purchase or grow your own roots. Wash carefully and peel(?), then grind it up if you can still see. Add sour cream.

Meat

Sirloin Tips

Mother made this at Koffee Kup once a week.

Beef round steak (the one with the round bone in it), cut it in pieces, put it in a pan with onion and little garlic and canned tomatoes, paprika and other flavoring and bake a long time till tender.

Swiss Steak

This was also a once a week standard at Koffee Kup. Pound the beef with a hammer.

Then brown it on the grill or frying pan. Put it in a baking pan with a layer of onions and canned tomatoes and mushrooms and green peppers. Then bake it slowly for a long time.

Henry makes Swiss steak differently. Start with a gravy. Cook the meat in the gravy.

Omit the tomatoes.

Baked Salmon

Take a whole salmon, clean it, stuff it with sliced onions and peppers and bake till done.

We used to have this once a year. No longer, though.

Chicken or Pork Adobo

This recipe comes from the newspaper.

1 C vinegar

Dash paprika

1 bay leaf

4 cloves garlic, chopped

2 tsp peppercorns

½ C soy sauce

2 pounds lean pork or boned chicken, cut into 1 inch cubes

Heat all ingredients except meat until well-blended. Add pork or chicken and simmer until well-done. Serve with rice.

Henry's friend in the Coast Guard (Theofilio Mondares, from the Philippines) used to fix this.

Henry says to reduce the vinegar to 1/8 C and increase the paprika to 2 tsps.

Superberger

We had too many meals made this way in the 70s. A few years ago, Bonnie Oathes showed me how she cuts down on cholesterol: fry lots of hamburger first, then put it in a strainer. Run hot water over it. Then package it up and use a portion whenever you want meat for spaghetti, souperberger, etc.

Break up the amount of hamburger you wish to eat into tiny pieces. Fry till done with onions. Drain off grease. Then add a can of whatever soup you want. Heat. You can add a can of vegetables to this too. It's best on mashed potatoes.

7 Layer Casserole

Put in 2 quart casserole dish in layers.

1 C uncooked rice

1 C corn, drained

salt and pepper

1 C tomato sauce

½ can water

½ C chopped onion

½ C chopped green pepper

¾ # uncooked hamburger (no, cook according to Bonnie's method above)

salt and pepper

tomato sauce

1/4 can water

Cover dish and bake at 350 for 1 hour. Uncover and bake 30 minutes longer. 4-6 servings. Make sure rice is done. Henry makes something like this at the Job Corps. He omits the rice, green peppers, and the corn. He uses uncooked cubed potatoes on the top and mixed vegetables or peas in one layer.

Tuna Casserole

One of the memorable meals that I've had was a tuna casserole made by Aunt Mary Lou (Mellin) about 1953. I'm not sure what was in it besides tuna, probably vegetables and potatoes, but the top was decorated with broken potato chips.

Ham Tetrazzini (or Chicken)

(Delicious was the comment I put on this.)

In saucepan, brown 1 C diced cooked ham and two T chopped onions in 1 T butter till onion is tender. Blend in 1 can Cream of Mushroom soup, ½ C water, 1 C shredded

cheese. Cook over low heat till cheese melts, stirring often. Add 6 oz spaghetti (cooked and drained), 1 T chopped parsley; heat. 4 servings.

Chili

At Lewis and Clark (Known later as Central School) in Astoria, one of the most popular foods was chili served in a bowl with lettuce and mayonnaise sandwiches on the side. These are perfect complements! They put the sandwiches into huge mixing bowls. I helped do the serving and miscellaneous kitchen work in the 7th or 8th grade in exchange for free lunches.

Hot Beef

Brown beef (stew meat, roast, etc.). Cut into chunks, brown in butter or margarine. Cut up equal amounts of onions as beef and as many jalapeno peppers as you can handle. Cook until onions are done. You can cook this in a chicken soup base if you like. This is Henry's recipe.

SOUPS AND STEWS

Salmon Stew (ala Koffee Kup)

Make a broth of skin and bones of fish, onion, 5 whole allspice, 1 bay leaf and water. Boil about an hour. Strain this broth over the top of peeled and cubed potatoes (about 3 pounds) and cut up a bunch of green onions. Bring to a boil and simmer until the potatoes are almost done. Add cubed salmon and cook till salmon is done. Then add butter, salt, dill weed, parsley and milk, either canned or fresh whole milk, heated. Do not let it come to a boil again. Serve with rieska (a flat bread).

This is what Mother served every Friday at Koffee Kup. It was a very popular dish and wonderful! People came from all over for "Kala Mujakka."

Beef Stew

Mother made a great beef stew at Koffee Kup made almost like the Friendship Cake below except that she sold the stew instead of giving it away. It was always on the burner waiting for customers. It was hearty, warming, perfect for a winter day, with big chunks of beef, potatoes, carrots and turnips. It had whole allspice or peppercorn in it. Kirsti, a Finnish cousin to Karen and me, served beef stew to us that had a dill pickle cubed, about the size of the beef pieces, in it. It was a neat touch -- really good.

Green Borscht

This is the climate for soups and stews. This recipe comes from an even colder climate, North Dakota. Henry's mother used to fix it.

Start with pork neck bones or any other kind of meat you wish. Cook in a large stew pot. Chop the vegetables (cabbage, parsnips carrots, onions) finely. I always use the blender to get the pieces of vegetables very small. This is a thick soup. Add salt and pepper. When cooked, add 1/4 of a cup of vinegar and some sour cream. I put the sour cream on top of the soup in my bowl, then sprinkle it with dill weed. This is scrumptious! I was so surprised when Laura told me that she didn't like it. How could anyone not like it?

Potato-Onion Soup and Corn and Crab Soup

Two favorites that I did not get the recipes for are Potato - Onion soup and Corn and Crab soup. The Corn and Crab soup I had in a Salem restaurant when I was down there for training in the early 1970s. The restaurant had no signs on the outside, but was packed with people.

VEGETABLES, POTATOES, AND NOODLES

Dilled New Potatoes

2 lb's new red potatoes (14-16)

3/4 C Italian dressing

1 T chopped fresh or 1 tsp dried dillweed

1/2 tsp salt

1/4 C chopped green onions

3 hard-cooked eggs, chopped

1. Wash potatoes and boil 20 to 25 minutes or until tender. Cut potatoes into 1/4 inch slices.

2. Mix dressing, dillweed and salt in large glass or plastic bowl. Add potatoes and onion; toss. Stir in eggs. Cover and refrigerate at least 2 hours to blend flavors, stirring occasionally. Cover and refrigerate any remaining salad.

Lighter Dill Salad

Use low fat dressing and substitute 1 medium cucumber, chopped, for the eggs.

This recipe came from Dea. Sounds delicious!

Danish Roast Potatoes

This recipe came with a can of Lyle's Golden Syrup that Karen brought to me from England about 1973.

2 pounds small new potatoes

1/4 tsp salt

3 T melted butter or margarine

1/4 C Lyle's Golden Syrup

Season potatoes with salt. If desired, cut ring of skin from center of each potato. Toss potatoes in butter in shallow baking pan. Bake at 375 F for 35 minutes or until almost tender. Turn potatoes several times during baking. Add Golden Syrup and toss potatoes gently to coat with syrup. Bake 5 minutes longer. If desired, garnish with chopped parsley or snipped chives. Lyle's Golden Syrup is delicious! But another syrup may substitute.

Henry's Roast Potatoes

Henry makes these by cutting potatoes lengthwise in four slices. He puts the potatoes in a big bowl, pours salad oil on top, and a little soy sauce, then sprinkles them with Seventeen Seasonings mix. Then mix. Let sit for a couple hours at room temperature. Put on a sheet pan and cook in the oven till brown. The kids at the Job Corps sure love it, he says.

Loksloda or Scalloped Potatoes with Salmon

Peel and slice potatoes. Place in baking dish. Add sliced onions, whole allspice and salmon pieces (canned or fresh), seasoning (salt and pepper), and pieces of margarine. Bake for 20 minutes, then add milk. Don't let it get too hot in the oven or the milk will curdle.

Noodles

3 C flour

1 tsp salt

4 eggs

Make a well in the center of flour. Break eggs into well, take fork and stir in center until all flour is taken into the eggs. Flour board. Separate dough into fourths. Roll out one at a time using plenty of flour on top of dough. Also on board. Roll until paper thin. Flour top and roll. When you have them all in rolls, cut with a sharp knife, cutting very thin. Use plenty of flour over them as you shake them out. Cook 15 minutes in broth.

This is either Mrs. Henry (Frances) Hoffman's recipe or Monica Fennerty's.

Here is another version:

1/4 cube margarine

3 C flour

2 tsp salt

Then add a little at a time:

1/4 C oil

1/4 C water

3 eggs

Mix with hands and rest one hour at room temperature. Roll out on constarch. Let dry and cook it 5 minutes. Cook. Dry on towel.

Pickled Beets

Drain 1 jar (1 pound) sliced beets. Combine with 1 T each lemon juice and vinegar, salt and pepper to taste, 2 T oil and 1/4 C orange juice. Toss until evenly blended. Refrigerate, covered 2 hours. Makes about 6 servings.

I used to can the fresh beets from our garden but did not use lemon juice or orange juice in this recipe. I always omitted the spices (cinnamon, etc.) that a lot of recipes use.

Dilled Green Beans

Trim stems from 1 1/2 pounds green beans, cut vertically if desired. Cook in 3/4 cup boiling, salted water about 5 minutes. Drain; combine with 3/4 C Vinaigrette, 1/2 tsp. Each salt and prepared mustard, and 1/2 T chopped fresh dill. Refrigerate, covered, 2 hours. Makes about 16 servings.

I used to can pickled green beans. They were a favorite if the vinegar was mild enough.



JAN 1962



DESSERTS

For a long time after Henry and I were married, we had very little money to spend on food or anything else. Recipes with few ingredients were the most useful. This is a recipe I often made.

Holiday Roundbreads

Bake at 300 degrees for 25 minutes.

Makes about 1 ½ dozen cookies.

½ C (1 stick) butter or margarine

1/4 C light brown sugar, firmly packed

1/4 tsp almond extract

1 C sifted flour

Multicolor sprinkles (optional)

Silver candies (optional)

1. Cream butter or margarine until soft in medium-size bowl; gradually add brown sugar, creaming after each addition until mixture is light; stir in almond extract; sift in flour gradually, blending well.
2. Chill dough 1 hour, or until firm enough to handle, then knead on lightly floured pastry cloth or board 5 minutes, or until smooth and firm, adding additional flour only to keep dough from sticking.
3. Roll out to 1/4 inch thickness; cut out with cookie cutter. Put on cookie sheet and bake.

Whipped Fruit Porridge

[Mehukeitto] A Finnish pudding

Mother used to make this at the restaurant. It is fluffy and light and delicious.

2 C whole cranberries (made with lingonberries in Finland)

1 quart water

1 C sugar

3/4 C white farina (or cream of wheat)

½ tsp almond extract

Crush cranberries; cook in water until soft. Strain through sieve or food mill; add sugar.

Add farina; cook and stir until thick. Bring to boiling point; remove from heat. Add

almond extract. Whip with spoon or electric mixer until cool and puffy. Pour into serving dish; chill. Serve with whipping cream.

Riisi Puro

1 C rice

3 C milk

1 small can milk

1 egg

1 T sugar

Salt to taste

Cook the rice in small amount of water for 10 minutes, stirring constantly. Add the 3 cups of milk and cook until thickened. Remove from heat. Beat the egg, canned milk and sugar

together and add to the pudding. Salt to taste and stir in a bit of butter.

Put into a bowl and pour the prune sauce (fruit soup) over it.

The women at Suomi Hall make it differently. They put it into a double boiler. They don't use water, so eliminate the first step. They don't put eggs into it. Butter and the canned milk go into it when it is through cooking.

Prune Sauce

1 lb. dried prunes

3 C water

½ C sugar

1 stick cinnamon

1 tbsp potato starch

berry juice or wine

Rinse the prunes. Cook the water, sugar, cinnamon and prunes together slowly until the prunes are tender. Remove the prunes into a large glass compote or bowl and thicken the remaining juice with the potato starch which has been stirred into a little bit of cold water. Let boil for a minute. Flavor the boiling mixture with a wine-glassful of berry juice or wine and then pour over the prunes. Sprinkle with granulated sugar. Pudding is served cold with whipped cream.

The women at the Finnish Brotherhood Hall add whatever fruit is cheap, raisins, apples, peaches, canned or fresh.

Anni Salo's Rice Pudding

2 C water

1 ½ C rice

1 ½ quarts of milk

½ T salt

3 T butter

Cook the rice in the hot water until water is evaporated. Add heated milk, let boil or simmer slowly about 40 to 45 minutes. Add salt and butter.

Anni Salo's Fruit Soup

1 C pitted prunes

1 C raisins

1 small can of pears

1 small can of peaches

1 lemon, sliced

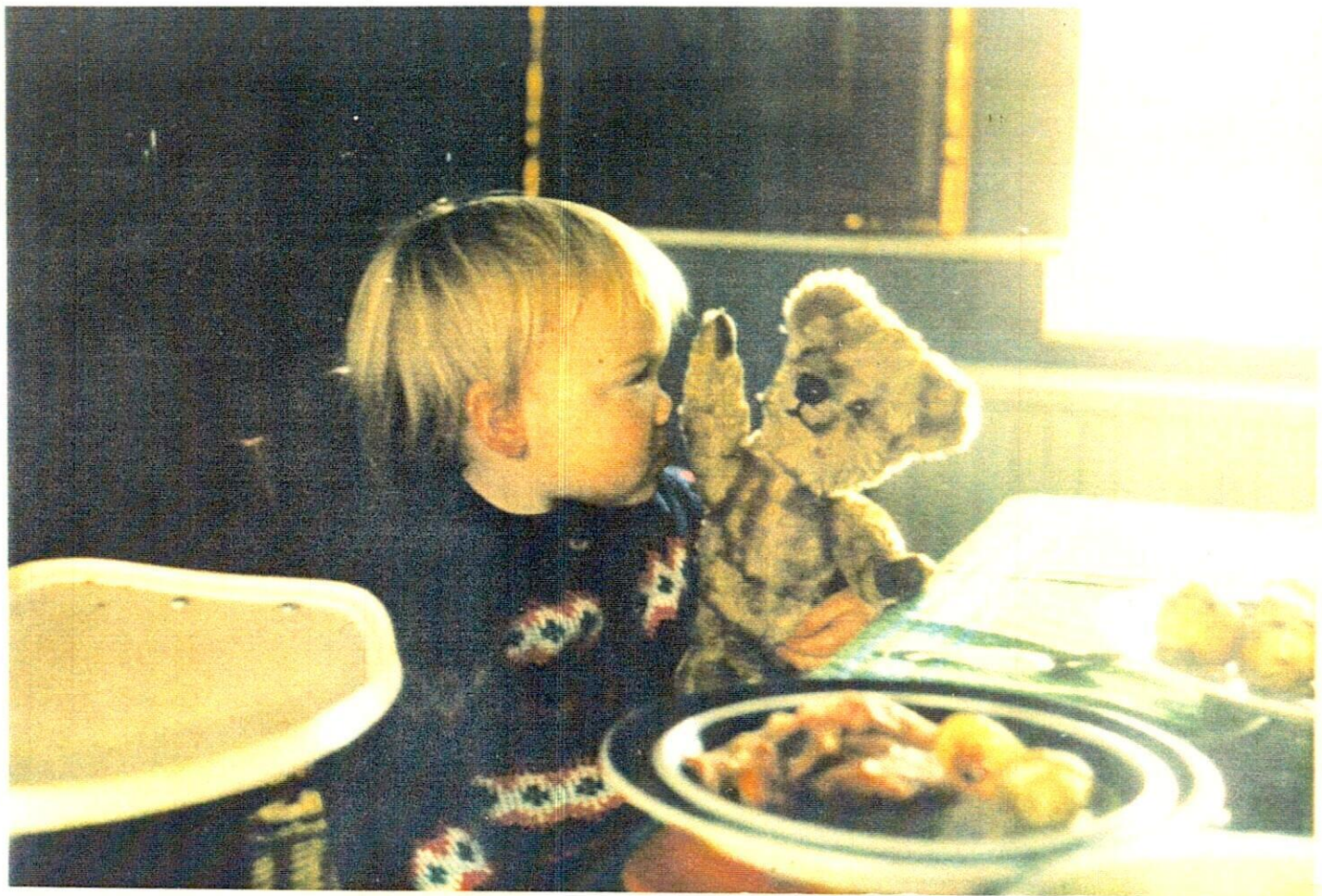
1 stick cinnamon

4 C water

3 T potato or corn starch

½ C cold water

Soak the prunes in water until plump. Add cinnamon stick, raisins and juice of the pears and peaches and the lemon slices. Simmer until prunes are soft. Take out the fruit and put into your dessert bowl. Remove the cinnamon stick and discard. Mix starch with water and pour it slowly into the boiling liquid. Simmer until it thickens. Add peaches and



pears and pour over the prunes.

Note: if potato starch is used, do not boil, but a second. If use cornstarch, boil 8 to 10 minutes. (Potato starch is preferred.)

Meringue Shells

Dea's recipe. Notes on it says: Head Cook, Dea; Assistant Cook, Melody; Waiter, Lea; Hostess, Maggie.

3 egg whites

1/4 tsp cream of tartar

3/4 C sugar

Preheat oven to 275 degrees. Bake

Line cookie sheet with brown paper. Separate egg whites. Add cream of tartar. Beat until foamy. Add sugar by tablespoons while beating. Beat until stiff peaks form. Place drops on brown paper. Try to form a dip in the center. Bake at 275 for 90 minutes. Fill with strawberries, blueberries that have been wiped dry.

Lefsa

This was in Laura's handwriting, I think. If so, it may have come from Lavina Brandon.

4 cups flour

1 tsp salt

2 C hot water

Work until well mixed. Roll very thin. Lay on stove and moisten top of lefsa. Cook until lightly brown. Flip and sprinkle with hot water. Let lay and then butter. Sprinkle with sugar, cinnamon, fold and cut.

This was on the reverse side:

Custard

4 or 5 eggs

1/4 C sugar

tsp vanilla

2 C milk

Beat eggs, add sugar, vanilla, and milk. Bake 350 oven till set, about 20 minutes. Test with knife. When comes out clean, its done.

It used to be that everyone had custard cups and this was a standard desert. I remember in the 1950s that Laura Vukovich used to bake custard at least once a week. She didn't put much sugar in it and it didn't have much flavor.

French Apple Pie

My favorite recipe for apple pie used a crumb topping instead of pastry. This was made with flour, sugar, margarine and cinnamon all crumbled together and sprinkled on top. Then the pie was placed in a large paper bag, the end was folded over closed and the pie was baked in the bag. I thought it was great. Henry thought he could taste the paper. Give it a try.

No Bake Lemon Fluff

2 ½ C crushed wafers (cookies)

1 pkg lemon jello thickened

1 C sugar

lemon juice

Canned pineapple

Whipping cream whipped

lemon slices and maraschino cherries on top

I took down no instructions, but expect that the crushed wafers are on the bottom, when jello is somewhat thickened, it is whipped and the juice, whipping cream, and pineapple are added. This is very much like what I think Mrs. Henry Elfving had fixed one time. It was great!

Mrs. Glen Truedson's recipe for Impossible Pumpkin Pie

2/3 C sugar

½ C bisquick

2 T margarine

1 can (13 oz) milk

2 eggs

1 can (16 oz) pumpkin

2 ½ tsp pie spice

2 tsp vanilla

Heat oven to 550. Grease 9 ½ or 10 inch pie pan. Beat all ingredients in blender on high or two minutes by hand. Pour into pie dish and bake until knife blade comes out clean, about 50 to 55 minutes.

Maraschino Cherry Bavarian Pie

This pie recipe I got from the newspaper and made probably in the 1960s. "Good" was my comment.

1 6-oz pkg. semi sweet chocolate pieces

2 T. butter or margarine

2 ½ cups toasted rice cereal

1 T unflavored gelatin

1 ¼ C cold milk

3 eggs separated

Dash salt

1 tsp vanilla

½ C chopped maraschino cherries, drained

1 C whipping cream

½ C sugar

Grated unsweetened chocolate

Melt chocolate and butter over hot water. Remove from heat; add cereal and stir until cereal is coated. Press evenly and firmly around sides and bottom of buttered 9 inch pie pan. Set in cool place to harden.

Soften gelatin in ¼ C cold milk. Beat egg yolks slightly; combine with gelatin mixture,

1/4 C sugar, salt and remaining milk. Cook over hot but not boiling water, stirring frequently until mixture coats a spoon. Remove from heat; stir in vanilla. Chill until mixture begins to set; beat until smooth. Beat whites until foamy; add remaining sugar gradually, beating until stiff but not dry. Whip cream. Fold beaten whites, whipped cream and cherries into gelatin mixture. Spread in chocolate pie shell; sprinkle with grated chocolate. Chill until firm. Makes one 9 inch pie.

\$300.00 Grudge Fudge

This candy recipe came from Cindy.

4 1/2 C. sugar

1/2 lb. margarine

1 large (12 oz) can evaporated milk

28 big marshmallows

2 tsp vanilla

3 pkgs. chocolate chips

2 C broken walnuts

Combine sugar and evaporated milk and boil for 9 minutes, stirring constantly. Remove from heat & add choc. Chips, walnuts, margarine, marshmallows & vanilla. Stir until all is melted. Pour in buttered pans & harden 1-2 hours in refrigerator. Store at room temperature (unless summer). Yield 5 pounds.

Pam Nixon's Never Fail Pie Crust

From about 1973

5 C flour

1 T salt

1 T baking powder

2 1/2 C shortening or margerine

Sift together dry ingredients.

Combine separately

1 egg

1 T vinegar

Add water to this to make 1 cup. Beat slightly and add to flour mixture. Store in refrigerator up to a week or so till needed.

I found a similar recipe which calls for 4 C flour, 1 tsp baking powder, 1 tsp salt, 1 T sugar 1 3/4 C shortening, rest same. Enough for 2 large pies.

Ann Long's Apple cake

(About 1962 when they were our neighbors.)

1 C sugar

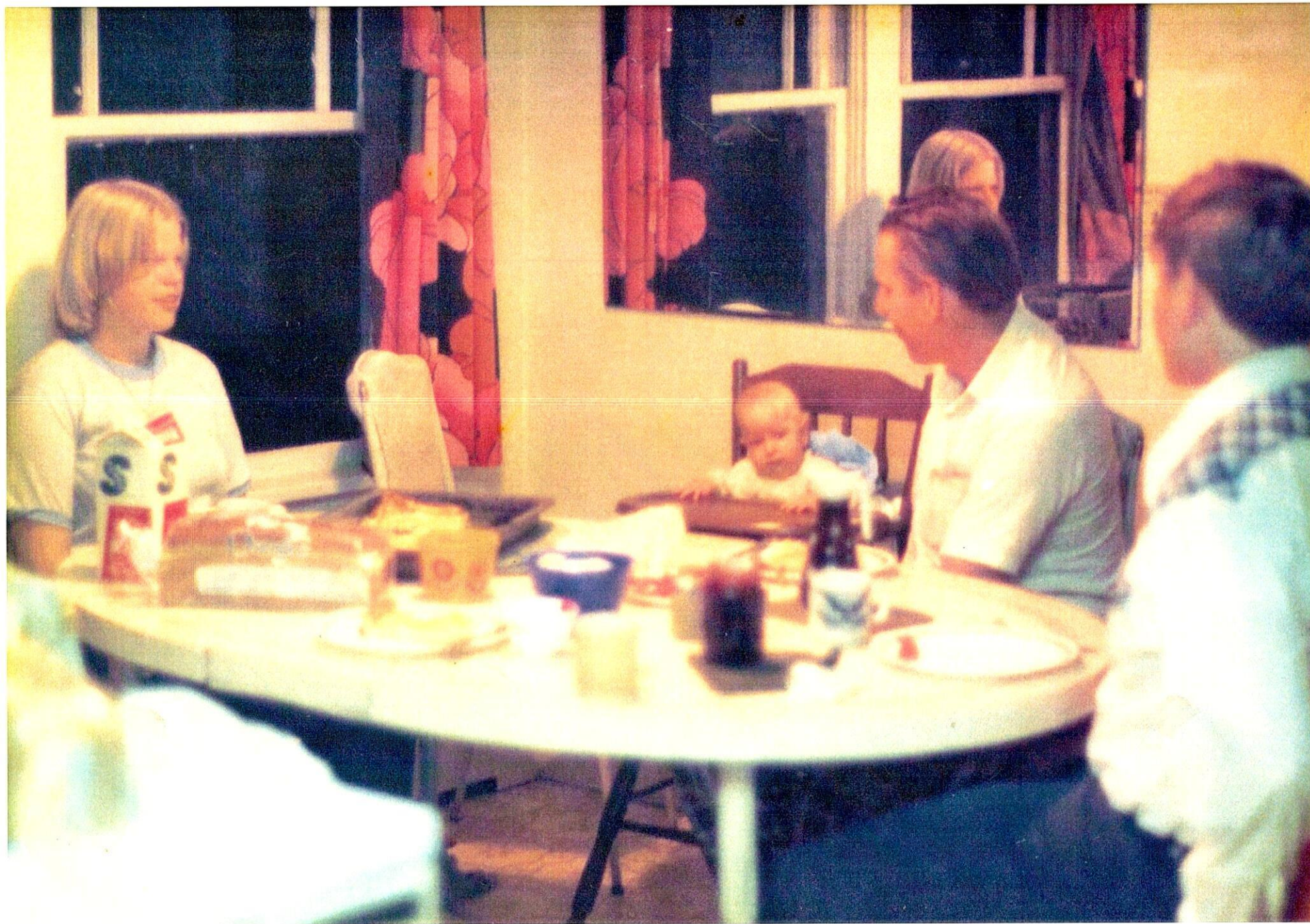
1/4 C shortening

1 egg

Cream above together.

1 C flour

1/4 tsp salt



1/4 tsp nutmeg
1/4 cinnamon
1 tsp soda
Add 2 or 3 grated apples. (Also good with pears.) Bake at 350 for 1/2 hour.
Sauce (frosting?)
1 C sugar
1/2 C butter
1/2 C cream or canned milk
1 1/2 tsp vanilla
Heat in double boiler. Bring to boil.
(Comment--Henry doesn't like the sauce.)

Apple Crisp

4 C sliced pared tart apples (about 4 medium) (or use cherries or rhubarb, etc. instead)
2/3 to 3/4 C brown sugar (packed)
1/2 C all-purpose flour
1/2 C oats
3/4 tsp cinnamon
1/4 tsp nutmeg
1/3 C butter or margarine, softened
Heat oven to 375 degrees. Grease square pan, 8x8x2 inches. Place apple slices in pan.
Mix remaining ingredients thoroughly. Sprinkle over apples. Bake 30 minutes or until apples are tender and topping is golden brown. Serve warm and, if desired, with light cream or ice cream.
This is from the big Betty Crocker cookbook. I made this recipe for the Crab Feed March 27, 1982 and for home many times.

No-Egg Wonder Cake

1 3/4 C flour
1 C sugar
1/4 C cocoa
1 tsp soda
1/2 tsp salt
1/3 C soft butter
1 1/2 tsp vanilla
1 T vinegar
1 C cold water
Add all ingredients together and beat well. Pour into a 9 inch cake pan. Bake 350 for 30 minutes. A surprisingly moist cake. This is the recipe I made when Henry and I were first married and I never seemed to have eggs on hand.

Betty's Earthquake Cake

from Lorene Phillips
1 box German chocolate cake mix
1 C nuts

1C coconut
1 box powdered sugar
1 8oz package of cream cheese
1 stick of margarine

Grease and flour 9 x 12 pan. Sprinkle nuts and coconut over bottom of pan. Make cake mix. Pour over nuts and coconut. Melt margarine and mix with cream cheese and powdered sugar. Spread over cake batter. Bake at 350 for 45 to 50 minutes until done. I got this recipe from Gladys Cummings in 1998.

Pumpkin Fruit Cake

1 package 15 oz raisins
½ C self rising flour (or will need baking powder probably)
1 ½ # mixed candied fruit
2 C chopped walnuts
3 C self rising flour
2 tsp cinnamon
2 tsp nutmeg
1 tsp ginger
1 C melted butter
3 C cooked mashed pumpkin
3 eggs beaten
¾ C sugar

Preheat to 325 degrees. Combine first 4 ingredients and mix. Then add the rest.

Pumpkin Seeds

If you make pumpkin pie from scratch, be sure to save some of the seeds for roasting in the oven. In an oiled pan, place the washed seeds just taken from a pumpkin, sprinkle with salt and bake until turns slightly brownish.

Friendship Sour Dough Cake

From Marlene (Mrs. Lee) Haynes, a neighbor down the road.

(It will be necessary to invent a base batter because Marlene is no longer down the road.)

Day 1: Pour base batter into large bowl, stir well, cover loosely and set on counter.

Do not refrigerate.

Day 2, 3, & 4. Stir and set on counter.

Day 5: Add 1 cup of each, sugar, flour and milk. Stir and set on counter.

Day 6, 7, 8 & 9 Stir and set on counter

Day 10: Add same ingredients as day 5. Stir well. Remove 3 cups batter and place in 3 containers. Give 2 away and keep one for yourself.

To the remaining base add:

2/3 C oil
2 eggs
1 C sugar
2 tsp vanilla
2 C flour

½ tsp salt

1 ½ tsp cinnamon

1 ½ tsp baking soda

Stir well or use electric mixer. Fold in any or all following or what you like: chopped nuts, apples, dates, bananas, raisins, coconut, gumdrops, pineapple, fruit cocktail, applesauce, cherries, chocolate chips. Bake in greased bundt pan or 2 loaf pans at 350 degrees for one hour.

Baked Alaska

Using a chocolate cake mix prepared according to directions, pour into two round cake pans. Bake. After it has cooled thoroughly (put in refrigerator for a while), then using either one or two layers of the cake, spread slightly softened ice cream in a thick layer on top. If using both layers, put ice cream between the layers and on top. Then beat up egg whites with some sugar till stiff, adding food color and flavorings if you wish. Frost over the top of the whole thing with the meringue. Turn on broiler and place underneath. Watch carefully, allowing the top to become slightly browned. Serve.

Maple Syrup Frosting

Cheap Frosting.

Boil 1 ¼ C maple syrup to soft ball stage. Then gradually pour into 2 stiffly beaten egg whites. Beat until thick.

**Hope you get some enjoyment out of these recipes.
Merry Christmas 1998 and Happy New Year 1999!**

Liisa

